

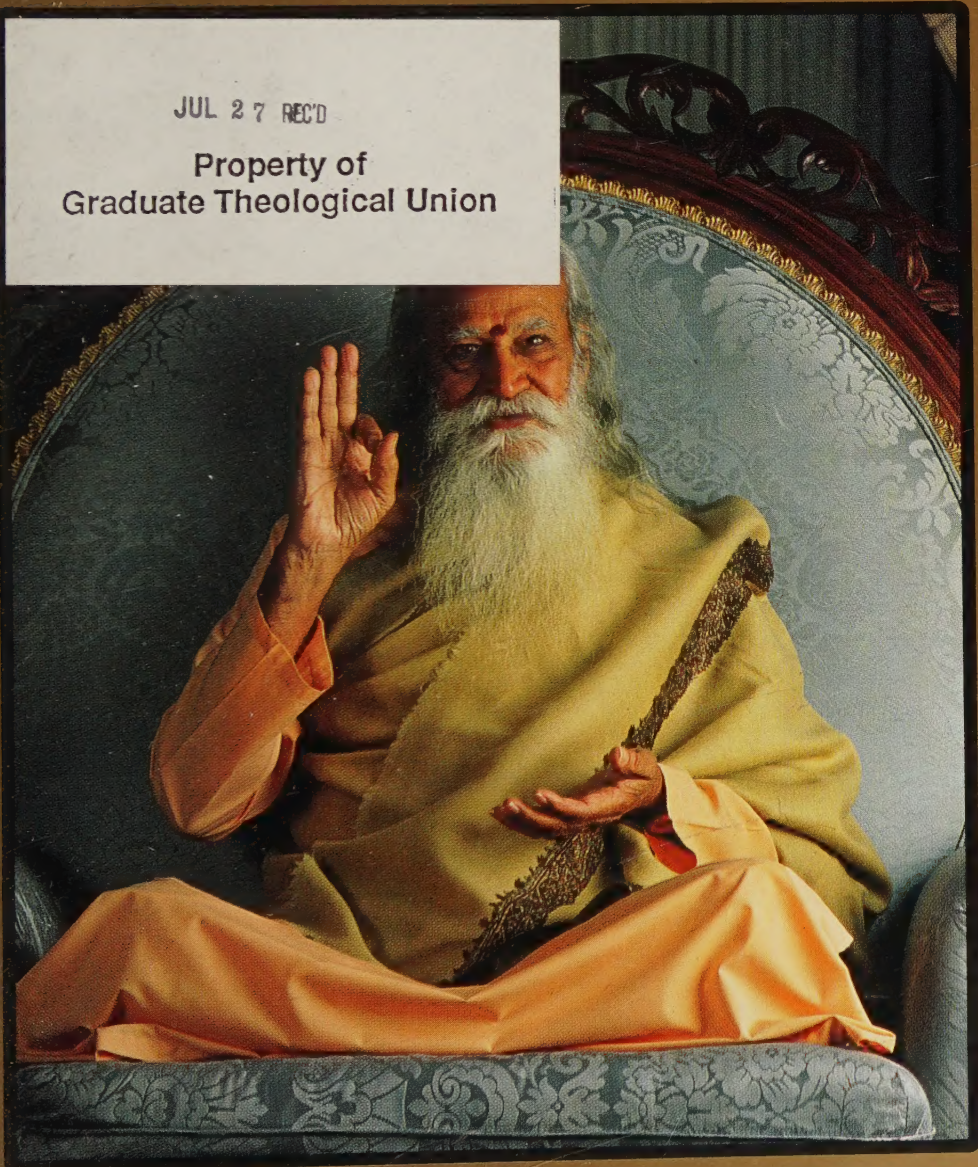
Integral Yoga®

THE TEACHINGS OF
SRI SWAMI SATCHIDANANDA

Summer 1993
\$3.00

JUL 27 REC'D

Property of
Graduate Theological Union



SPECIAL GURU POORNIMA ISSUE



Because he is content with what comes of its own accord and because he envies no one and because he has gone beyond the pairs of opposites and maintains his equanimity in success and failure, even though it appears that he is doing things, he is not doing things.

—*Baghavat Gita (IV, 22)*

When you are really free from identifying with your own body, mind, and egoism, you are always happy. You are an eternal witness. You just see and enjoy everything.

—*Sri Gurudev*

*We humbly and joyfully offer this issue of
Integral Yoga Magazine in honor of the anniversary of
Sri Gurudev's twenty-seven years of service in America
and the auspicious occasion of Guru Poornima 1993.*

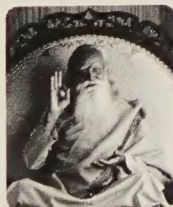
YIntegral Yoga®

FEATURES

- 5 SATSANG WITH SRI GURUDEV**
- 7 THE GURU WITHIN**
by Sri Swami Satchidananda
- 9 TRUE DISCIPLESHIP**
by Sri Swami Sivananda
- 10 SWAMI VIVEKANANDA:
HONORING OUR PAST, CREATING
OUR FUTURE, AND LIVING YOGA
IN THE GOLDEN PRESENT**
by Sri Swami Satchidananda
- 13 SWAMI VIVEKANANDA**
from *Lives of Luminaries*
- 15 LIKE ATTRACTS LIKE**
by Sri Anandamayi Ma
- 16 YAMA/NIYAMA: TOUCHSTONES
ON THE PATH**
by Kumari de Sachy
- 43 TRIBUTE TO SRI ARIVANANDA MA**
by Mrs. Rukmini Rasiah

DEPARTMENTS

- 2 LETTERS TO SRI GURUDEV**
- 25 POETRY**
"AS IF"
by Greg Karpain
- 45 POETRY**
"THE LIGHT THAT SHINES FORTH"
by Padmasree Varadaraj
- 18 YOGA AND HEALTH**
by Sri Swami Satchidananda
- 20 VIDYALAYAM CORNER**
- 26 INTEGRAL YOGA
INTERNATIONAL**
- 27 INTEGRAL YOGA HIGHLIGHTS**
- 29 DAY-BY-DAY WITH SRI GURUDEV**



Cover Photo Courtesy of:
Bob Llewellyn

INTEGRAL YOGA®: Vol. 25, No. 2, Summer '93. Copyright © 1993. Satchidananda Ashram-Yogaville. ISSN 0161-1380. All rights reserved. No part of this publication may be reproduced without written permission from the publisher. Published by Integral Yoga Publications at Satchidananda Ashram-Yogaville, Buckingham, VA 23921 U.S.A. **INTEGRAL YOGA®** is published quarterly. Subscriptions are \$12 per year (\$18 outside the United States), sent to above address.



INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teaching Centers and Satchidananda Ashrams. In these centers the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga—including Hatha, Raja, Karma, Bhakti and Jnana Yoga - as well as instruction in yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living, are also available.

A wide range of guest programs are offered at the Ashram in Buckingham, Virginia. Located at the Virginia Ashram are: the Audio-Video, Publishing and Distribution departments, the Fine Arts Society, the elementary school, an affiliated Credit Union, and the international coordination offices for all Integral Yoga centers.

The LOTUS (Light Of Truth Universal Shrine), a shrine dedicated to the Light of all faiths and to world peace, is open to the public and is located in Yogaville, Virginia.

For more information, to arrange an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

LETTERS TO

I am very happy to inform Sri Gurudev that the "Sri Swami Satchidananda Medal" for the best student of the Electronics and Communication Engineering branch of Kumaraguru College of Technology, Coimbatore, for the year 1991-1992, will be awarded to Mr. J. Rajeev at a function in the college on 12 April 1993. . . Praying for Sri Gurudev's Blessings,

*—Major T. S. Ramamurthy, Principal
Kumaraguru College of Technology
Coimbatore, India*

I am writing to you to thank you. At a time when the greatest darkness entered my life, my wife had gotten a cassette tape of yours, and it helped me a lot. I believe that listening to your words was the beginning of my recovery.

It has been many years since I first heard your words, and I've been meaning to thank you for a long time. Thank you for the peace and serenity that you have helped me to experience.

*—Zac Rombakis.
Laramie, WY*

I began to teach a new eight-week session of Yoga classes last night, and I want to thank Sri Gurudev and everyone at Yogaville for their generous support to the teacher trainees last summer.

Sometimes, it seems impossible to complete a stressful eight-hour work day to go to teach a ninety-minute class and answer questions after class. But there has never been a time when the students do not leave in a better frame of body, mind, and attitude. I am thankful beyond words for the instruction that I received at Satchidananda Ashram;

SRI GURUDEV

it is a gift to be so well trained and capable of serving the students. The added benefit is that with every class I teach, I feel relaxed and spiritually uplifted, sometimes more so than in my own personal Hatha and meditation practice.

—Denise Moore
Leesburg, VA

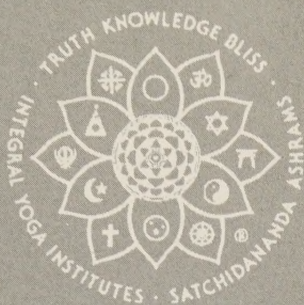
Today, I taught for the second time at the Integral Yoga Institute in New York City and will be teaching there regularly.

The winter Teacher Training at Yogaville was an incredible experience. Your presence made it even more special. I want to thank you for the teachings and especially for the initiation. In the three weeks since I've returned from Yogaville, the mantra and meditation have helped me in many ways, especially with the new experience of teaching

Besides teaching at the IYI, I've been having classes in my home and in different places for my friends, who are very happy to learn Yoga. Next week, I'll begin teaching my seventy-year-old mother. Before every class, I ask for your help and guidance. More than twelve years ago, I began to study Yoga at the IYI in New York. To find myself teaching there today is an indescribable experience.

Going to Yogaville, meeting you, receiving initiation, and beginning to teach have made a profound effect. Thank you for being there. When I came to Yogaville, I never expected to meet my Guru. In fact, in my mind the thought of a Guru was a complete impossibility. The change just happened naturally. Please send your blessings always as I try to be a good yogi. Please keep helping me to be a good teacher. Lots of love. OM Shanthi.

—Kamala Guancione



INTEGRAL YOGA MAGAZINE

Founder-Director
Sri Swami Satchidananda

Editor
Kumari de Sachy, Ed.D

Art Director
Rev. Arjuna Jyothi

Printing
King Lindsay Printing Corp.

Photography
Saraswati Neumann
Bob Llewellyn
Sundari Steinkamp
Premanjali
Chandra Schoonover
Swami Sharadananda

SRI SWAMI SATCHIDANANDA (called "Sri Gurudev" by his students) is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. Dedicated to the ecumenical movement, his motto is: "Truth is One, Paths are Many." His main residence is in Buckingham, Virginia. In response to invitations from all around the globe, Sri Gurudev travels widely. Through every possible medium—lectures, conferences, radio, television and newspaper interviews, books and visits to centers around the world—he shares his knowledge in the fields of education, religion, health and Yoga.



SATSANG WITH SRI GURUDEV

Question: How did you get where you are now?

Sri Gurudev: We are all in our places according to our own wish. My wish was not getting *there*, or not getting anywhere. My wish was to leave it in the hands of the Higher Wish. So if you see me in a place today, know that He placed me in that place. If you see me tomorrow in a different place, know that He is the one who kicked me out. I don't have to worry about it, because if I gained a place, then I would want to keep it. I don't want anybody to push me down. No. That's the advantage of leaving it or of realizing the Unseen Hand.

It's a Divine Wind that blows the dry leaves. You see, particularly in the fall, how many leaves have fallen down. Do they know where they will fall? No. One wind will come and a huge bunch of leaves

will flow right onto the LOTUS. Another wind will lift the whole group of leaves and throw them into a ditch. But it doesn't matter. A leaf is a leaf. I would like to be like that always. I have no moisture. All dried up. Feather light. Wherever He blows me, He pushes me to that. So, I cannot take the credit. No. Or, if I am pushed into hell, I'll be happy there also. Wherever you put me, fine. So the simple answer is: Leave it to Beaver. But, no; Beaver is on television. It's really "Be-er" that I'd like to say. Leave it to the Be-er, who is always there. Leave it to that Force.

May the Force take you wherever it wants you to serve. That way, you don't

have to have any problem at all—no anxieties, no worry, nor fear; always at ease. Renounce yourself in God's hand and you have found unending peace.

Sometimes, however, it's easy to say but hard to apply. You are still thinking, "Oh, I have to take care of my husband, my son, my this, my that." Who gave you all that? Did you bring it with you? No. You put a label of "my, my, my, my" and "I have to; I have to." You are not responsible for anything. You are responsible for your own peace more than you are responsible for anything. Look at the little babies, the children. They don't have to worry about anything. They're always at ease. Why? Because they don't grab anything for themselves. They just enjoy it as it comes. They're not holding onto anything. No wonder all the great sages and saints have said to become a

baby, to get back to your childhood; The kingdom is among the children. The kingdom is there for you, not

**Leave it in God's hand.
Be a humble instrument.**

among the so-called grownups. Develop that kind of attitude: "Lord, it's all Thine. Thy will be done; I know that I am in Your hands. I don't even have to say, 'Do anything You want with me.' Who am I to permit Him?" Graciously, we say, "Oh, Lord, You can do anything with me." Otherwise, He won't? See? That's another ego: "I have permitted myself to be handled by God." No.

So, I really mean it. Leave it in God's hand. Be a humble instrument. All you have to do is to remember, every minute, that God is taking care of you and you don't have to worry about anything. That way, if you don't have anything, won't you feel light?

Yes, you feel light and you are in light and you are enlightened. It's very simple. Lighten yourself, you are enlightened. With all the possessions, you become heavy. That is the secret of life. I know that in this modern age we have to do a lot of things. We

have to achieve this. We have to serve that. We have to go to the Amazon Jungle, where they are cutting down all the trees. You don't have to worry about all that. If you leave yourself in the hands of God and know that God takes care of it and you, if God wants you to go there, He will send you there. With every thought, word, and deed, realize this: That Absolute Power, Unseen Power, Supreme Power that moves everything, from an atom to the entire universe, moves you, too. Who controls all these planets? Who keeps them all in their positions? They are all in their places, pulling each other, pushing each other. You call that "natural gravitation force." And they are revolving exactly as they were made to. If that is not so, how can you even send a rocket from here to the moon, saying, "At exactly such and such time, you will land in such and such place," if the moon decides to take a little vacation?

Everything is controlled, controlled by that Unseen Force. When all those planets are

controlled, what about you? Who are you? A speck. One millionth of a dot. So don't put that kind of egoistic importance in your life.

He is working on you whether you want it or not. You are controlled, guided. Things will happen. It's only that He

has given you a little freedom even to think, "I am doing this; I am doing that." Thinking that you have this, that you possess this, that you earned this, that you did this is mere thinking. And just with that freedom of thinking—plain thinking— you created a mess. Think that it's all His, then you don't have to worry. Think it over!

Question: How should a disciple approach the master in thought and during meditation?

Sri Gurudev: Think of the teachings and try to apply them in your life. Then the master is with you always. A teacher is not some person; the teaching is the real teacher. If you follow the teaching, you will always have the teacher with you. Don't try to get the teacher into your heart. Instead, get the teaching into your heart. Keep it there, and you will feel your master's presence and guidance always. ■



THE GURU WITHIN

by Sri Swami Satchidananda

Those seekers who want to climb up the ladder [of spirituality], those who want to reach the top, should be heroes. The weakling cannot achieve immortality, which is the light within, the guru within. Only a hero can attain that goal. We should never become weaklings.

Be strong! Even if you make a mistake, it doesn't matter. Make a mistake; learn the lesson. If you don't learn it once, make it again and again until you learn the lesson. Be bold! Certainly, too, experience makes things perfect. That is, even if you don't consciously put forth your effort, you will be made to. For, one day or another, we are all going to achieve that goal. Until then, heaven can wait. Yes, they will never close the gate. If not in this life, then in another life, or in another, or another. You have to achieve this. But intelligent people can make it a little faster. We don't have to wait that long.

So, on this auspicious occasion of Guru Poornima, when we are remembering the guru without, let us also remember the guru within, and let us learn that lesson from everything outside. The entire world is an educational institute. The entire universe is a university. You can learn this message from everything and everybody. Take Dattatreya, for example. He had twenty-four gurus. A stone was a guru. A needle was a guru. A fisherman was a guru for him. Do you remember the story about the broomstick that was my guru one time?

Once, there was a function like this Guru Poornima celebration, and to organize the hall, some of the people who came cleaned up everything. Using the broomstick, they cleaned everything so that the hall was spotless. The person in charge of

the function came in and said, "Oh, it's great—absolutely clean! Yes, sir; we did it!" Then, the two boys who were cleaning everything also came in and said, "We did it!" As the three were saying, "We did it," the supervisor and the two boys heard somebody giggling from a corner. "Oh, who is there in the hall? There's nobody else here. Who is laughing?" Then they ignored it, and the boys started bragging again. And, again, they heard the giggling sound. This time, they positively knew that it came from one corner. Slowly, they all went to the corner, but they didn't see anybody or anything except a broomstick leaning against the corner. So they asked:

"Are you the one who giggled?"

"Yes," answered the broomstick.

"Hah, so you are laughing at us?"

"Yes."

"Why?"

"What else can I do?"

"Why, what do you mean by that?"

"Well, look at me. The fact is I'm all dirty. And you know why? Because I collected all the dirt from the hall. I made myself dirty while cleaning the hall. But you guys are bragging, 'We did it!' Well, that's human beings. They want credit for everything. But my body, itself, will tell you who did the cleaning. And I am not interested in claiming any reward or recognition. I did my job. Then I was thrown in this corner."

The broomstick said this. What a great lesson, a Karma Yoga lesson that you can learn from the broomstick. If you have that *learning* mind—not the *earning* mind—you can learn great lessons from everything in life. And that's how we grow. ■



TRUE DISCIPLESHIP

by Sri Swami Sivananda

It is a decided and established conclusion that the Guru is absolutely essential for spiritual progress. Even secular science, arts, and all worldly undertakings need the help of a teacher. More so is the need for guidance on the spiritual path. A seeker after truth should be blessed with the company of his or her Sadguru so that the former may get rid of defects and develop virtues and attain God-head.

The company of great [masters] is very rare to be gotten. The attainment of a Sadguru is the result of the full grace of God. A true spiritual Guru is God himself.

A disciple should not act against the wishes of his Guru. He should not speak displeasing words to his Guru. He should view everyone with Guru *bhav* [feeling]. This is the culmination of Guru *bhakti* [devotion].

A disciple without devotion to his Guru is like a flower without fragrance, a well without water, a cow without milk, or a body without life. If you want to be a true disciple, you should follow the instructions of your Guru to their very letter and spirit. If you make a promise to your Guru, you should fulfill it even at the cost of your life.

Do not serve your Guru to gain some selfish purpose or merely to get initiation from him. If you tell him at the time of initiation, "Swamiji! I shall serve you till the end of my life," and if you leave your Guru after a month or two because somebody spoke ill of you or you were not given tea or milk, you are doing the greatest crime and sin. Whatever may be the difficulties in the path, you must serve him. You cannot have any spiritual progress if you are cunning and lack a straightforward nature.

You should not speak loudly in the presence of your Guru. You should not

shout and laugh indecently. You should always stand in readiness to obey his order. You should not take food before he takes his food. You should not sleep before he sleeps. You should get up before he gets up. You should not sit unless he orders you to sit.

If you are able to act according to the wishes of your Guru even without his orders, you are a first-class disciple. If you do a thing after his ordering you, you are a second-class disciple. If you fail to do a thing even after repeated orders to you, you are a third-class disciple. If you remain with your Guru and, at the same time, disobey his orders, you are like a strong needle or thorn that has entered the feet of your Guru.

If you get a Guru who will punish you for your wrongs, you are the luckiest person, because he takes upon himself the responsibility of improving and making you a dynamic personality by eradicating all your vices. Take it as a special grace of the Lord. If you get a kind and merciful guide, then great responsibility lies with you for your improvement. He will only hint at the right thing. He will show by actions. You will have to be very sincere and follow him minutely, or else you will act according to your own whims; for you know that your Guru will not punish you.

If the disciple survives after the Guru gives up his mortal coil, he should lead the remaining portion of his life strictly in accordance with his Guru's instructions and live to preach them to others by practicing them himself.

May you acquire the qualifications of a true disciple! May your life become fruitful in the search after God! May you attain *kaivalya* [absolute independence] through *vairagya* [dispassion] by Guru's grace. ■

SWAMI VIVEKANANDA:

HONORING OUR PAST, CREATING OUR FUTURE, AND LIVING YOGA IN THE GOLDEN PRESENT

by Sri Swami Satchidananda

One hundred years ago, Swami Vivekananda first arrived in the United States to take part in the World Parliament of Religions. He brought the message of Hinduism and of Raja Yoga—the foundation of all Yoga practice—to the West. His message was like a seedling transplanted on fertile soil. Over the past hundred years, that seedling has been watered with the interest of thousands of sincere Yoga students and has been lovingly tended by thousands of devoted Yoga teachers. It has taken root, slowly growing into a strong and healthy banyan-like tree, sending out many branches and strong roots. It is a tree that has given far-reaching shade and shelter to so many, bearing fruits that are being enjoyed in numerous settings and fields.

The essence of Yoga is *unity*. While the science of Yoga has found expression in many arenas and through various forms and approaches, its goal and truth remains eternally one. Real unity in Yoga means accepting all the various expressions and approaches to this science, and therein lies the future of Yoga. In coming together and looking back over the past one hundred years, we can clearly see how the great Yoga science has literally transformed lives and, consequently, our world. The timeless teachings and ancient wisdom have found a home in the hearts of many, helping to awaken countless Americans to higher levels of consciousness and awareness.

As the message—and healing power—of Yoga continues to spread its roots, we can

look ahead to the next one hundred years of Yoga in America. To create and to ensure a peace-filled, harmonious future, we must always remember our essential unity. We are one in spirit. This doesn't mean that anyone should renounce his or her own path or approach, but rather that we must learn to realize the unity amidst the diversity. With this awareness, we will be able to continue spreading the great, universal message of Yoga as we honor and enjoy the diversities. The only purpose of Yoga is to heal the whole person, thus healing the entire world. As Yoga teachers and students, we can be beacons of healing love and light by affirming our true nature of peace, health, happiness and ease.

By holding this vision of the greatness of the science of Yoga and the truth of our essential oneness, we can live a wonderful life in the golden present. By applying the principles of Yoga in our daily lives, each one of us can be a beautiful example of Yoga in action. Let every act be one that brings benefit to some and harm to no one. Let the whole world know the greatness of Yoga through your dedicated life, for the dedicated ever enjoy supreme peace and joy. Taking care of the golden present, we create and ensure a golden future. So let us join hands together, united in Yoga, as we honor our past and create a beautiful future together.

May the entire universe be filled with peace and joy, love and light. Om Shanthi, Shanthi, Shanthi. ■

ANNOUNCING THE 1993 PARLIAMENT OF THE WORLD'S RELIGIONS

28 August - 4 September 1993

One hundred years ago, the World Parliament of Religions was held in Chicago. It was the first major gathering of clergy and members of many different faiths in the United States and the World. It was also the occasion of the first public address in America by Sri Swami Vivekananda. In commemoration of this important milestone in the world interfaith dialogue movement, a one hundred-year anniversary celebration will take place in Chicago. All the world religions will be represented, and presentations, workshops, seminars, exhibitions, and performances on a broad range of themes will be offered.

This unique gathering to celebrate religious diversity in a spirit of harmony and understanding is not to be missed! Many dignitaries, world religious leaders, and clergy will participate. Among them: Mother Theresa, who will give an address, Sri Gurudev, who will offer a presentation, Dr. Karan Singh, who will present the keynote speech, and the Dalai Lama, who will give the closing address. If you wish to attend this important gathering, contact the Council for a Parliament of the World's Religions for a registration form.

**Council for a Parliament of the World's Religions
105 West Adams Street, Suite 800
Post Office Box 1630
Chicago, Illinois 60690 USA**

**Telephone: 312-629-2990
Fax: 312-629-2991**



SWAMI VIVEKANANDA

SWAMI VIVEKANANDA, whose name means "the bliss of discrimination," was not only a great teacher, but also a great reformer whose influence is felt, to the present day, around the world. He lived from 12 January 1863 to 4 July 1902, and, a century ago, was already working for the education and advancement of women.

When the World Parliament of Religions opened in Chicago on the morning of 11 September 1893, it was probably the first time in all of history that representatives of the major religions were brought together in one place to express their beliefs.

The most striking delegate by far was a young Hindu monk uniquely ordained by God to challenge the values of the West. Blessed with an imposing presence and a commanding voice, Swami Vivekananda was a thrilling speaker. When he stood up and addressed the crowd with the simple words, "Sisters and brothers of America," the audience

rose to its feet and roared with applause. Casting off the formality of the conference, he spoke in the language they had been waiting for. And they loved it, even though that language was strong: "Make no compromise. Stand up for God, and let the world go."

He could speak in this way because he, himself, lived without compromise. One of the foremost disciples of Sri Ramakrishna Paramahansa, Swami Vivekanandaji helped to organize the Ramakrishna Mission, an organization in India that integrates educational, philanthropic and religious activities. The Vedanta centers that he founded in the United States and in Europe still flourish today, offering the same message: "Give love; give help; give service; give any little thing you can. Let us give out of our own bounty, just as God gives to us. Have no motive except God." ■

—from Lives of Luminaries

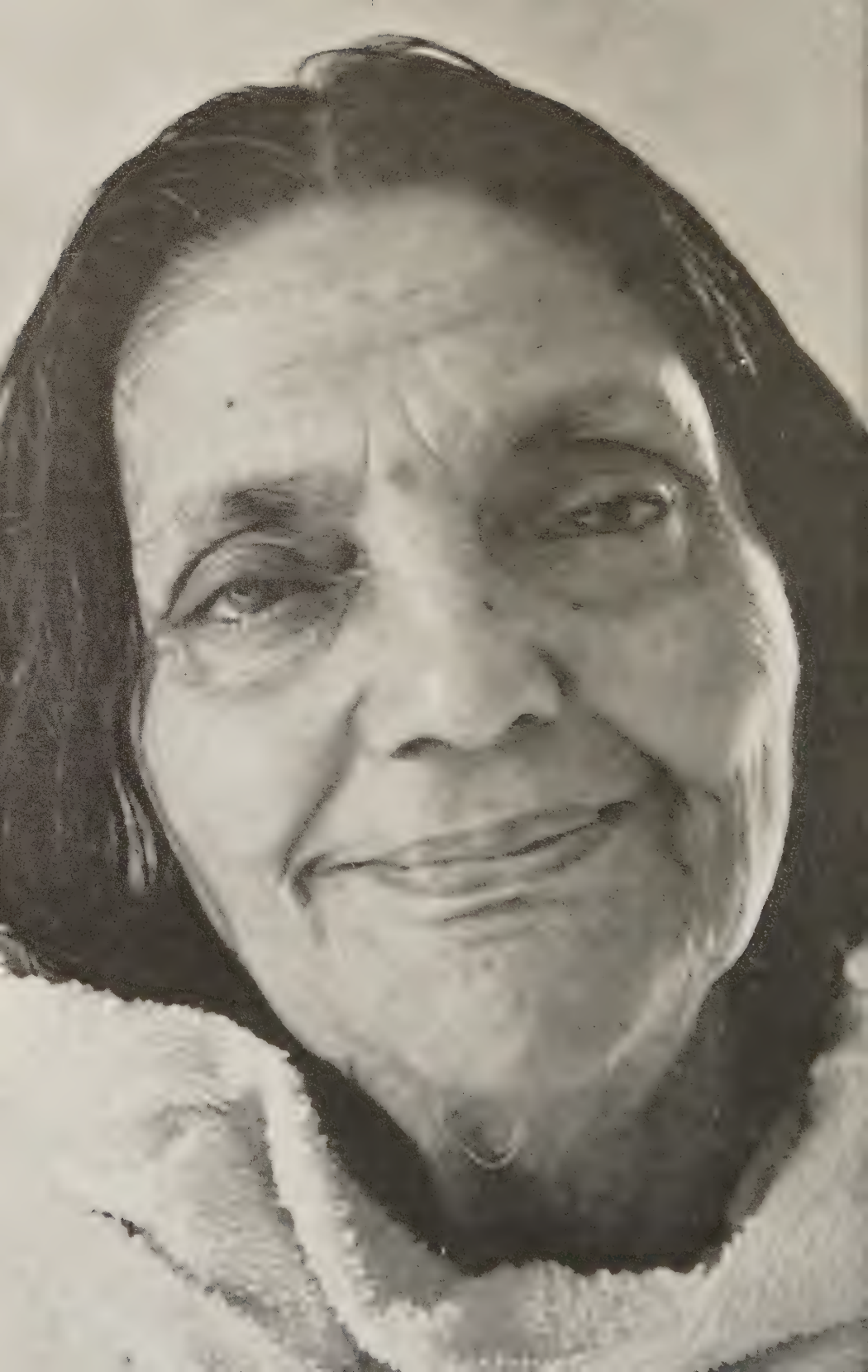
HOW TO BE ILLUMINED

The illumined souls, the great ones that come to the earth from time to time, have the power to reveal the Supernal Vision to us. They are free already; they do not care for their own salvation—they help others.

Upon these free souls depends the spiritual growth of mankind. They are like the first lamps from which other lamps are lighted. True, the light is in everyone, but in most men it is hidden. The great souls are shining lights from the beginning. Those who come in con-

tact with them have, as it were, their own lamps lighted. By this the first lamp does not lose anything, yet it communicates its light to other lamps. A million lamps are lighted, but the first lamp goes on shining with undiminished light. The first lamp is the Guru, and the lamp that is lighted from it is the disciple. ■

*—from The Complete Works of
Swami Vivekananda*



LIKE ATTRACTS LIKE

by Sri Anandamayi Ma

Sri Anandamayi Ma, the "Bliss-filled Mother," lived in India from 30 April 1896 to 27 August 1982. After her spiritual initiation, disciples began to flock to her. She blessed them all with her radiant presence, her beautiful chanting, and her profoundly simple answers to their many questions. Surrendering to God's will, leaving everything in God's hands, Anandamayi Ma spent her life traveling all over India serving God's children.

A person who is well established in his true nature, who, in other words, knows himself, who is indifferent to pleasure and pain since he is ever steeped in the bliss of the Eternal, this person is called a *sadhu*. Filled with universal love, he is free from cares and worries, munificent, of childlike simplicity and contentment. The very sight of such a great person spontaneously suffuses one's whole being with a heavenly joy, and his proximity evokes divine thoughts and aspirations. Just as water cleanses everything by its mere contact, even so, the sight, touch, blessing, nay the very remembrance of a real *sadhu*, little by little clears away all impure desires and longings. Union with God is the

one and only union that man should seek. *Sadhus* or saints have had communion with God, and, hence, there is a saving grace in their presence. Like attracts like. For this reason, in our times, the company of the Holy and Wise—*satsang*—offers the most potent aid and inspiration to the earnest seeker. Saints may be compared to trees; they always point upwards and grant shade and shelter to all. They are free from likes and dislikes, and whoever seeks refuge in them wholeheartedly will find peace and fulfillment. When the burning desire to know Truth or Reality awakens in a person, he or she has the good fortune of meeting a saint or sage. The Holy and Wise

must be approached with a pure heart and a steady mind, with genuine

Union with God is the one and only union that man should seek.

faith and reverence. Much greater benefit will be derived by sitting still and meditating in their presence than by discussing or arguing. The behavior of saints is not to be copied by ordinary people. But one should endeavor to carry out in one's life the teaching or advice received from them. Otherwise, it would be like sowing any number of seeds without allowing a single one to grow into a plant; this would indeed be a matter of deep regret. ■

YAMA /NIYAMA:

TOUCHSTONES ON THE PATH

Part II of a four-part series

by Kumari de Sachy



AHIMSA AND SATYAM

If Yoga is your spiritual path, if you feel that the yogic practices can help you find your way to God-Realization, then the point of departure is *Yama/Niyama*, the abstinences and observances delineated by Sri Patanali in his *Yoga Sutras*.

Yama/Niyama, in the title of this series of articles, are described as "touchstones on the path." But, you may wonder, what do we mean by *touchstones*? Originally, the touchstone was a kind of layered rock used to test the purity of gold and silver by the streak left on it when it was rubbed with the metal. Now, touchstone has come to mean any test or criterion used to determine genuineness

or value. So, we can use *Yama/Niyama*, the abstinences and observances specified in the *Yoga Sutras*, not only to develop the positive qualities that will enhance spiritual progress and to remove the negative traits that inhibit this progression, but also to measure our spiritual progress, to see how far we've come toward our goal—the superconscious state that we call by various names: God-Realization, Self-Realization, Cosmic Consciousness.

Let's begin with *Yama*, the abstinences. Just to sharpen our focus, let's keep in mind that abstinence means "non-indulgence," "self-restraint," "self-control." The first abstinence listed under *Yama* is *ahimsa*, non-violence, non-injury, or the non-causing of pain. *Himsa* means to cause pain; *ahimsa*, not to cause pain. Some define *ahimsa* merely as non-killing, but killing is really different from causing pain. In fact, sometimes, causing pain can be even more harmful than killing. For example, it is said that "the pen is mightier than the sword." Sure, we can cause terrible pain with the sword, but the harm inflicted by our words can be devastating. On an even more subtle level, we can also cause great harm by our thoughts alone. We may not always be conscious of how powerfully we communicate on the mental level, but we must always be keenly aware that we can injure others—and ourselves—by thinking and projecting negative thoughts.

On the other hand, you might already be thinking that causing pain is not always destructive or negative. When a physician

amputates a limb infected with gangrene, he or she is indeed causing pain, but, obviously, that act is performed with the intention to benefit rather than to harm the patient. Or when, out of love, you sincerely offer constructive criticism to someone, it might pain the person but, at the same time, it will help that person to improve. And, of course, we can think of many other examples. Thus, when we reflect on the nature of *ahimsa* and on the nature of all the other abstinences, we must always ask: What is my motivation? In practicing the first two limbs of *Raja Yoga*, *Yama/Niyama*, we must continually question and deeply analyze the motivation behind our thoughts, words and actions. We must become self-analytical so that we can develop the discrimination that will allow us to determine whether our thoughts and deeds bring harm or whether they bring at least some benefit.

After *ahimsa*, Patanjali lists *satyam*, truthfulness as the next abstinence. Certainly, all of us have learned that lying is wrong. We know that if we tell a lie to satisfy selfish desires or to shirk responsibility or purposely to injure someone, that we are behaving incorrectly. But, again, there are instances where even lying is motivated by good intention. A vivid and illuminating example is the story that Gurudev tells of the woman, the thief and the hermit.

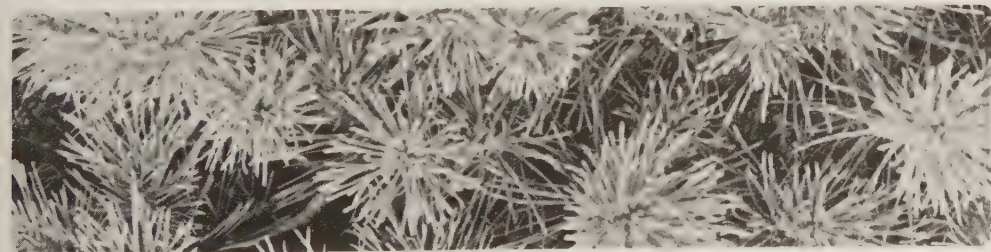
Once, a thief accosted a woman who was bedecked with beautiful jewels. The woman ran for her life, and the first place she saw to hide was in the hut of a hermit. So she ran into the hut and quickly explained the situation to the hermit, who immediately rushed outside. Suddenly, a

wild man appeared with a dagger in his hand. He screamed at the hermit, "Have you seen a woman running?" The hermit calmly replied, "No, sir. Not at all." Threateningly, the thief shrieked, "What! What do you mean you didn't see a woman running by in the last few minutes? Are you sure?" The hermit answered simply, "Oh, of course, sir. I would surely tell you if I had seen anyone." Frustrated, the thief stomped away.

In this story, the hermit had clearly told a lie. It's true. But that lie didn't harm anyone. In fact, by lying, the hermit probably saved three lives: first, the life of the woman; second, his own life, because since he would have witnessed the murder of the woman, the thief would have killed him, also; and, third, the life of the thief, who probably would have been hanged for the murder of two innocent people.

On a more subtle level, how often do we lie to ourselves? How often do we lie in order to rationalize behavior that may not be exemplary or to repeat negative patterns usually evoked to satisfy selfish desires? How often do we tell ourselves, for instance, "Well, I'll definitely start that diet on Monday," and how many Mondays will come and go? As we progress on the spiritual path, it is important to keep in mind that the goals we set for ourselves must be not only challenging, but also reasonable. That is, while we exercise our will, we must never forget to be compassionate toward ourselves by establishing realistic goals. Then, we will surely persevere. ■

Part III will appear in the fall issue.



YOGA AND HEALTH

by Sri Swami Satchidananda



Question: The doctors want to operate on my back, hip and knees. I believe that God will heal me. What can I do?

Sri Gurudev: Well, it all depends upon the condition that you are in. If you really need surgery, why don't you think that it is God who is working through the surgeon. God will heal you, but He won't be coming personally. He will come as an M. D., so see God's face in that M. D. If you don't see God's face in the M. D., you will simply see an M. A. D. You know what I mean? See the M. D. as an M. D., not as an M. A. D.

There is a little analogy, a story told by Sri Ramakrishna. In a certain ashram, there were a number of students. One day, the lesson was, "It's all Brahman. Everything is Brahman. It's all God. See God in every face." One little novice immediately thought, "Oh, yes. That's good. That's a good lesson. I am going to do that right away." So, the

next morning, he went to take a bath in the river, and on the way back, he encountered an elephant. The elephant man was sitting on the elephant, which, somehow, was a little unruly that day, trying to toss everything in his way. The elephant man shouted to the student, "Hey, the elephant is a little boisterous today, so move, move out of the way!" And this new student answered, "Well, everything is Brahman. The elephant is also Brahman. I am Brahman. What can that Brahman do to this Brahman?" So he walked straight towards the elephant, and the elephant just pushed him right out of the way. The student got up, bruised all over.

Limping, he returned to the guru and said, "Sir, I don't know what teaching this is. I am Brahman; the elephant is Brahman. See what one Brahman did to another Brahman?" The guru then asked, "Could you tell me the whole story?" "Yes," replied the student. "I was coming, and the elephant was unruly, and the elephant man shouted, 'Go, go go!' I said, 'Why should I go? I am Brahman; the elephant is Brahman.'" "And what about that man," asked the guru. "Is he not Brahman who advised you not to be on the road?"

In this light, you can see Brahman in the doctors and in the medicine. When there is a need for medicine, take medicine. Brahman is in the *mantram* and in your prayer. Your *mantram*, your prayer, your medicine, all can help, because they have all been created by God. In fact, in some Christian communities, the members don't believe in taking medicine, however sick they may be. They say a prayer. That's okay. But if they don't believe in easing their pain by taking medicine, they should not even be eating, because food is a medicine for hunger.

It's God who gives you medicine, who advises you. He comes in the form of the doctor. So there's nothing wrong in taking the doctor's advice, if that is what's needed. Of course, make sure that it is needed. If one doctor suggests operating, get other opinions, consult two or three doctors. Particularly at this time, you have to consult two or three doctors, because often people's attitude is: "The insurance pays. Cut it open. I'm not spending any money." This insurance has spoiled the attitude of many people. Sometimes, even when there is no need, people feel, "Oh, the insurance will pay for it. Okay.

I'll do it." It's a known fact that even doctors perform many operations and take many tests when these are not necessary. Subsequently, the big bills come, your insurance company pays for them, and your premium goes up. Ultimately, you pay for it all.

So use your common sense. God has also given you common sense. Don't be adamant. It's almost like thinking that God can provide you with food without your doing anything. You have to take the food; you have to eat it. It's not, "God has given me food; let Him put it in my mouth." No. God helps those who help themselves. ■

Compulsive Eating

Many people suffer from the compulsion to overeat and seek to develop the will-power to overcome this problem. Developing such will power is the entire purpose behind all of the Yoga practices. We want to have the control to use our will in the way that we want. The best way to develop such will is to apply it to smaller things first. Start with something you feel you could easily accomplish. If you take something that is a big problem for you and immediately try to develop will power in that area, you may fall down and lose your confidence. It can put more negativity into the mind and drain the will. That is because you are taking on a task beyond your present capacity.

In order to understand how to train the will, we should look at how an animal trainer works with a valuable horse. Before the horse is expected to pull a heavily loaded cart, it is trained simply to walk on the road. Then it is made to walk on the road with a small weight on its back. Probably, two wheels will be added next; then, a trainer will gradually increase the weight in the cart. That way the horse gains confidence. "Oh, is that all? I can

certainly do that." While it is in such a cooperative mood, the horse will not even notice if a little more weight is added.

Our minds are also like that. A positive feeling, or self-confidence, is what you call "will." It is not something that you have to—or even can—get from somewhere outside of you. Apply it little by little, always at a level where you feel positive and confident. For example, say you want to go on a fast. Before you overdo and fast for one whole week, just say, "Okay; for one day, I am going to miss my lunch." You might think, "Oh, that's easy; anybody can do that!" Fine, do it. Then, a week or two later, maybe go for a whole day with just a few glasses of juice. If you have confidence in doing that, then a week later, take just as many cups of water as you want for one day, but no juice. Keep up the confidence in yourself. This is the most important thing.

What I say may be enough advice for some people. But if you cannot change by yourself, you may need outside help to do it. Never feel that you must do it all by yourself. If it seems too much for you to do alone, seek the help of others. ■

VIDYALAYAM CORNER

LETTERS TO PRESIDENT CLINTON



The following letters were sent to President Clinton by the Vidyalayam Upper School students, who wished to share with the President their concern for the welfare of their coun-

try—and the world—and to give him a glimpse into their interests and lifestyle and what they are doing to make their little corner of the world a peaceful, happy, healthy environment.

Dear President Clinton,

My name is Ahalya Emenogu. I live in a little village called Yogaville, right in the heart of Virginia. I am originally from West Africa (Nigeria), but I have been living here for about six years. Here in Yogaville, we have a temple called the Light Of Truth Universal Shrine (LOTUS), which is in the form of a lotus flower. The reason why we built this temple is that people are fighting in the name of religion. Here, we all come together and practice service to humanity, non-violence in thought, word and deed, and peace and love on the planet.

Inside the LOTUS, we have all the twelve main religions of the world; for example, Christianity, Hinduism, Islam, Shinto, and so on. In the middle of the LOTUS, inside, there is a fountain-shaped light with an altar representing each religion surrounding the central fountain light. This means that all the religions are equal; none of them are superior or inferior to one another. All of them take us to one God. We come to worship here with all people, all nationalities, no matter what race or creed. We accept everyone for who they are inside, to practice brotherhood and to live as one big family.

In Yogaville we are all strict vegetarians. The reason why we follow this idea is that we feel that animals have feelings just like we do, that they have a family and a life of their own, and they deserve the right to live.

We have a school in Yogaville. It's called Vidyalayam (Temple of Learning). We have a pre-school, a primary school and a junior high. The junior high is the one that is coming up to Washington on Tuesday to see Congress in session. Maybe, if your schedule permits, we can get to meet you. I wish you all the best. Question: What are you planning to do about the greenhouse effect, the ozone layer, and about global warming?

Dear President Clinton,

I am happy about what you are doing so far in your presidency. I hope that you will

create jobs so that my dad can get a full-time job like he used to have. It has been very hard for him to find a job. It has been very hard for our family financially, too.

In my town, we have a recycling program. We recycle metal, plastic and paper. We are trying to do our part for the environment.

My name is Deva Goodman. I am ten years old, and I like sports, like basketball. I live in a place called Yogaville. I know that you are trying to get people to come together, and we are trying to do that here. Yogaville is in a rural part of Virginia.

In Yogaville there is a shrine called LOTUS (Light Of Truth Universal Shrine). We call it LOTUS because it is in the shape of a lotus flower. In LOTUS we observe silence so people can pray without distractions. It is a place where people from all religions can pray together in their own way.

Dear President Clinton,

My name is Sharada Bowyer. I am thirteen years old. I live in Buckingham, VA, in a small community called Yogaville. It is a spiritual community. We are all vegetarians, which includes not eating eggs or fish. There is a shrine called LOTUS (Light Of Truth Universal Shrine). The shrine is built like a lotus flower. We worship all religions. We have no certain religion, and we don't put any religion down. Lotus is a shrine that brings all religions together as one. There are many ways to get to God, but there is ultimately one God.

I watched the program where you answered other children's questions, but I have a question of my own. I have a friend who is a grandmother of five and a mother of one. She lives in a rundown, one-room shack heated by a wood stove. She cooks on a wood stove but can't now because the pipes are broken. Often, she cannot afford seasoned wood, so she has to burn green wood. With all of those kids, she can't afford a phone to call for help if she needed it. She has a little bit of money and little food. My family and I have been helping her out for

awhile in whatever way we can, but we can't do any more than we are already doing. My question is: what can you do to help her?

When I watched you being sworn into the presidency and then heard your speech, it made me think of what I could do to help you and the rest of my country. I came up with the idea that if I pray for you each day, well that would be the best thing for me to do to help you and my country. So I end my letter by saying that I pray for you each day, and if there is anything else that I can do, please write and tell me so.

Dear President Clinton,

My name is Bharati Elizabeth Shapero, and I am twelve years old. I live in a beautiful, clean place in rural Virginia called Yogaville. Yogaville is on seven hundred fifty acres of wooded land right on the James River. In Yogaville we have many beautiful plants and animals that are safe here.

Buckingham, the county I live in, is planning to build a toxic waste incinerator about twenty miles away from here. If they build it, our environment will be polluted. I was wondering if you could help stop the incinerator.

On my birthday (March 23), we are going to the capitol to have a tour with Representative L. F. Payne. We are also going to see Congress in session and to eat in its cafeteria. If you have time would you please come to see us? Thank you sincerely,

Dear Mr. President,

My name is Luke Stewart, and I'm very worried about the homeless problem in America. I think it's great that we're helping the people in Somalia, but I think that we should take care of our own problems first and then try to solve other people's problems.

I think you should first start by creating new jobs, because that's the main reason for homelessness. It's hard to find any job at all, let alone a good-paying job, which is what people really need.

Dear President Clinton,

My name is Amadeo Bennetta. I just turned eleven years old, and I live in Buckingham, Virginia. I go to a private school that is in a spiritual community. We have a spiritual master who is ecumenical. We have a shrine called LOTUS, since it is designed to look like a lotus flower. The reason that we are staying in the country and not moving to a big city is to have the spiritual guidance and so that I can go to school here. All my maternal family lives in France (which is where I was born), and my paternal family lives in the United States. Right now I live with my mom and dad.

My family is well aware of the ecology, and we recycle and do as much as we can for the planet.

In school we are studying the Constitution. I especially like learning about our rights. We are going to be taking a field trip to Washington to meet with Congressman Payne. I would like to invite you to come visit us, since we are so close to Monticello, Thomas Jefferson's home. I think you would love it.

Dear President Clinton,

Congratulations on your recent election! My name is Sam Alexander, and I am eleven years old. If I were eighteen, I would have voted for you. I live in Virginia, near Charlottesville.

A company that refuses to tell us its name wants to build a high-pollution incinerator not twenty minutes from my house. One of the reasons I moved here was because of the clean environment. Vice-President Al Gore says that he really cares about the environment. If he does, he should care about this, too.

Dear President Clinton,

My name is Jyoti Sackett. I live in a small part of Virginia called Yogaville. I just turned thirteen on January 21, the day after you became our president.

I am going to a spiritual school called

the Yogaville Vidyalayam (the Temple of Learning). We are all vegetarians, don't smoke, drink or take drugs. Yogaville is a place where people of all ethnic backgrounds and different religions live together in Peace.

There is a shrine here called LOTUS (Light Of Truth Universal Shrine). It is dedicated to all religions.

We really care about the environment, and we do our best to recycle. We learn to be non-violent. We use stress-reducing

exercises to keep us healthy. We also have a spiritual teacher who teaches us these things, and he loves and protects us from harmful people, harmful music and unhealthy foods.

We are now facing local issues, like the incinerator, which will dump harmful waste in our beautiful land of a not yet polluted, clean part of Virginia. Please help us protect my home and birthplace.

Thank you sincerely. ■





AS IF

as this vast peace

consumed me, i turned.

i felt your presence,

as if you were a standing oak,

as if the stream,

singing and giving life

was your love, and my love,

as if the single cry of a bird

was all i have ever known of you.

—*Greg Karpain*

INTEGRAL YOGA INTERNATIONAL

Coimbatore

Integral Yoga Institute

Swami Divyanandaji, who had been serving as Treasurer of the New York Integral Yoga Institute, arrived in Coimbatore in late March to serve at the Institute with Swami Lalitanandaji. In a recent letter to Yogaville, Divyanandaji wrote: "Thank you for all the loving care and prayer that you immersed me in during my recent visit there. Perhaps it was partly stored for gradual release, because the long trip here and my first week in Coimbatore have gone very smoothly and have been touched with grace. It already feels like home." Divyanandaji promises to write a longer report soon.

Satchidananda Ashram – Yogaville

Recently, a new brochure was released announcing the opening of Yogaville's newest enterprise, The Lotus Conference Center. The Conference Center provides accommodations for twenty in private, semi-private, and dormitory-style rooms. Larger groups may arrange for additional space in other Yogaville facilities located on the property. All rooms are comfortable and modern; some have private baths. Rates are very reasonable and are based on services required by the group sponsoring the conference. Other features, facilities, and programs available to Lotus Conference Center participants are:

- Meeting room with beautiful view
- Living room with fireplace
- Visits to the Light Of Truth Universal Shrine
- Saturday night programs with Sri Gurudev (when his schedule permits)
- Bookstores, library, gift shop, and snack shop
- Swimming in the 16-acre Lotus Lake
- Scenic walking trails
- Massage (offered by independent practitioners)
- Hot tub and sauna

Conference participants may also take the opportunity to visit Monticello (the home of Thomas Jefferson), Ash Lawn (the home of James Monroe), Appomattox, and other attractions located in this lovely, historic region of central Virginia. And, of course, the tranquil, natural setting of the Ashram—as well as delicious, wholesome vegetarian fare—offers the perfect environment for harmonious, creative communication. If you would like more information about the Lotus Conference Center, you are welcome to contact Ram Wiener, Director of the Conference Center at: The Lotus Conference Center, Route 1, Box 1720, Buckingham, Virginia 23921, 1 (800) 858-YOGA. ■

INTEGRAL YOGA HIGHLIGHTS



Teacher Training Graduation, Winter 1993

Teacher Training Program

For many years, one of the highlights of the summer season at Satchidananda Ashram-Yogaville has been the Integral Yoga Basic Teacher Training Course. Over the years, this popular one-month residential program has transformed hundreds of Yoga students into Yoga teachers. Students from all over the globe have been welcomed and assimilated themselves into the community, absorbing the teachings of Sri Gurudev and the yogic lifestyle, as well as bringing fresh insights and inspiration to Yogavillians.

About three years ago, observing the success of Teacher Training, Sri Gurudev suggested that we extend the program to offer Teacher Training four times a year, so

that those who are not able to attend in the summer might have the choice of participating at other, more convenient times during the year. To test the waters, we inaugurated a winter Teacher Training program in February 1991. Ten people took the course that year—a modest but successful start. The following February, thirteen students were certified as Integral Yoga teachers. And this past February, the number increased to twenty-one. As usual, TTs came from all over the United States and from abroad. Their enthusiasm, energy, goodwill, and loving hearts brought joy to everyone. During their graduation ceremony, the TTs presented Sri Gurudev with a beautiful flowering peach tree and a card with sentiments of love and gratitude, including the following remarks:

•You'll remain in my heart forever. . . I love you.

•Thank you so much. This month has been one of the most memorable times of my life. My love to you.

•I will take these teachings to my heart. There is no way to measure the value of the wisdom I have received. Love and Shanthi

•Thank you, Swami Satchidananda, for guiding my life in so many surprising ways and unexpected places.

•Thank you for your love, your light, your being; my goal is to be like you. In peace, joy, love and light!.

•Thank you for deepening my faith and putting a heartfelt smile back on my face. I am forever grateful.

•Thank you for your love and healing energies that flow forth from your words and eyes and unite our souls.

•From the bottom of my heart, bless-

ings to you and to one and all. Your gift of Yoga shall remain eternal. Jai.

•Gurudev, sparkling eyes, childlike smile, radiating beauty everywhere. In peace, love and friendship.

•Like the wind—as one natural force—moves innumerable leaves, you—as a spiritual teacher—move innumerable souls through your words, selfless action and radiating love.

•Beloved Gurudev, may you be our inspiration and guidance forever. I love you and thank you from my heart.

Inspired by the enthusiastic response to the winter Teacher Training course—and ever ready to serve—the Programs Department is again extending Teacher Training to include a fall course, which will be held from October 16 - November 14. Perhaps we'll see you there! ■



DAY-BY-DAY WITH SRI GURUDEV



Devotees perform a *pada puja* to Sri Gurudev

INDIA

Coimbatore

In the early afternoon of 5 December, Sri Gurudev landed at the Coimbatore airport to greet a large gathering of his devotees from the Coimbatore Integral Yoga Institute, who were anxiously awaiting a glimpse of their spiritual teacher. Gurudev drove directly to the new building, which was purchased this past year to house the Integral Yoga Institute, and was greeted by many more devotees and family members.

During his stay in Coimbatore, Sri Gurudev was available to answer devotees' spiritual questions, imparting guidance to many. As many new seekers came for his *darshan*, Gurudev commented that it was just like in the early days at the New York IYI, right after he had come to America.

On 19 December, a *Jayanthi* program was held at the Annapoorna Hotel, and on the morning of the 20th, devotees, students and family members attended a *pada puja* at the IYI. Gurudev also gave weekly public *satsangs* at the Annapoorna Hotel, and all



Sri Gurudev visiting the Voluntary Health Services Association, Coimbatore, India

program facilities were lovingly donated by Mr. Damodaraswamy Naidu and family, who own the hotel. Over the weeks, the local people were slowly introduced to Sri Gurudev's format of "question and answer" *satsangs*, a very unusual method in India,



Sri Gurudev speaking at the Coimbatore Rotary Club

since all other speakers—spiritual or secular—usually give lectures on a particular topic. The Coimbatore devotees gradually began to realize that Sri Gurudev was a very warm, loving, and easily approachable Guru to whom they could take their problems and from whom they could receive help.

Also during his stay, Sri Gurudev offered use of his Chettipalayam birthplace to the Coimbatore Voluntary Health Services Association to run a free medical clinic three days a week. Over one hundred fifty doctors from local hospitals are giving their time to visit various villages, bringing with them modern equipment, medicine, and medical expertise to the poor and needy in rural areas. If operations are required, the patients are also taken, free of charge, to the hospital, where they receive free treatment, food, etc. Sri Gurudev has also made arrangements to have a drinking water system brought into Chettipalayam, which has suffered many years from lack of adequate water supply. This project is being executed by the World Bank, thanks to Mr. Saravanapavan of Bethesda, Maryland, who, together with his

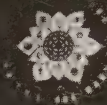
wife, Padmini, and their children, have been long-time devotees of Gurudev from his years in Sri Lanka.

Sri Gurudev also inaugurated a camp for the provision of artificial limbs to be given free to the poor. The camp is sponsored by one of the Coimbatore Rotary clubs. In line with the increase of social services offered by the Coimbatore IYI, Sri Gurudev also made available to this Rotary Club space in the Chettipalayam IYI for the continuous manufacture of the artificial limbs so that they can be manufactured locally, thereby providing jobs for the villagers.

In addition, Dr. Rajammal Devadas, Vice-Chancellor, and Sri Kulandaivelu, Registrar, invited Sri Gurudev to be the chief guest at the Avinashilingam Home Science College's Christmas program. He was also invited to address Divyodaya, an inter-religious center in Coimbatore, which is under the direction of Father John Peter. This program was attended by religious leaders of the various faiths. Ms. P. K. Saru, Assistant Secretary of the Coimbatore IYI Board, invited Sri Gurudev, in her capacity as Presi-



Sri Gurudev with Dr. Rajammal Devadas, Vice-Chancellor, and Sri Kulandaivelu, Registrar, of the Avinashilingam Home Science College.



INTEGRAL YOGA INSTITUTE OF COIMBATORE
HAPPY BIRTHDAY TO
SWAMI SATCHIDANANDAJI
19.12.92

SREE ANNAPOORNA



WORLD BE FILLED WITH PEACE
LIGHT! JAI!

Sri Gurudev and Sri Shantalinga Ramaswamy Adigal at the Coimbatore IYI Jayanthi celebration
dent of the Transactional Analysis Study
Circle of Coimbatore, to address a gathering
of psychology students and counselors. This
evening was co-hosted by the Psychology
Department of Bharathiar University.

On 22 December, Sri Gurudev's actual
Jayanthi, the children of Vivekalaya, a pri-
vate school run by Mrs. Prema Rao, a devo-

tee and member of the Coimbatore IYI
Board, put on a program of three dramas:
All for Good, *The Boy Who Made God Eat*
the Pudding, and *The Boy and the Elephant*,
all taken from stories that Sri Gurudev has
told us over the years to illustrate valuable
lessons. The joy on Sri Gurudev's face was
unmistakable as he realized how much hard



Sri Gurudev posing with the children of Vivekalaya,
a private school run by Mrs. Prema Rao (on Sri Gurudev's immediate left)

work these first-, second-, and third-grade youngsters did in order to master the dialogues in English, which is a second language for all of them! The kindergarten children sang three songs in English, and, at the end of the program, they all presented Sri Gurudev with a lovely birthday cake in honor of this special occasion. The children helped to make their own costumes and were excited for weeks beforehand, having remembered Sri Gurudev's visit to their school the year before, a visit that they all enjoyed.

Sri Gurudev also gave inspiring talks to the students of Sri Sowdeswari Vidyalaya Matriculation High School, which he had inaugurated back in 1977 and which is under the direction of V. S. Nachimuthu Chettiar, a disciple of Master Sivananda and current Vice-President of the Coimbatore IYI. Sri Gurudev also gave a wonderful speech to the students of Bharatiya Vidya Bhavan. Presided over by Sri Krishnaraj Vanavariyar, the talk was enjoyed by staff and students alike.

On the evening of 22 December, a lovely birthday dinner was hosted in Sri Gurudev's honor by Mr. K. Ramaswamy, President of

the Coimbatore IYI, and his family for all the Board members and some IYI members. Through the dedicated efforts of Sri Ramaswamy and family, all the activities and social service will most certainly flourish. The Ramaswamy Gounder family showers so much love, service, time, energy, and financial support for all the IYI work and toward fulfilling Sri Gurudev's mission in India.

In January, on the 15th, Sri Gurudev was hosted by Sri Muthumanickam and Sri Rajaratnam and families to celebrate the annual Pongal (Harvest) holiday. The beautiful celebration was complete with folk dancers and musicians. Sri Gurudev spent a few restful days, along with the Sri Ramaswamy family, at Sri Rajaratnam's farm at Sethumadai. He was also taken to nearby Topslip to visit the Wildlife Sanctuary and Reserve, where the group fed the elephants and spotted several wild cougars during a jeep safari. From here, Sri Gurudev went to Pollachi to inaugurate the new Shakti Coffee industry, which is under the management of Sri Shanmugasundaram.

In early February, Sri Gurudev was asked to bless the inauguration of the Lotus



Sri Gurudev with Mr. K. Ramaswamy, President of the Coimbatore IYI, and his family.



Sri Gurudev with Dr Sundaramoorthy, Dr. N. Mahalingam, Sri M. Manickam and other esteemed speakers during the Lotus Vision Research Trust inauguration

Vision Research Trust, founded by Dr. Sundaramoorthy. The Trust will serve those who are in great need of eye care, and it will also promote important research in this area. Dr. Sundaramoorthy asked Sri Gurudev to give the name for the Trust and also to serve as President of the Trust's Advisory Board.

Toward the end of Sri Gurudev's stay, Mr. Chin, Mr. Nanda Kumar, and Mr. Mohan Ponniah, the President, Treasurer and Secretary, respectively, from the Kandy, Sri Lanka Ashram, came to visit Sri Gurudev in Coimbatore, after not having seen him for ten years. They expressed interest in increasing activities in the Kandy Ashram, and Sri Gurudev requested Swami Lalitananda to go there in May to present programs and to train some of their people to teach Hatha and Meditation classes, as well as to conduct *kirtans* and *satsangs* so that Gurudev's work can be continued by these long-time, devoted disciples.

In the midst of this turbulent time in India, which is being torn apart by communal and religious conflict, it was so inspiring

to see people of different faiths—Hindu, Christian, Muslim and Buddhist—able to come together in Gurudev's presence to experience the beauty of his ecumenical, loving vibration and to experience the peace and harmony of his spiritual family.

After witnessing the continued rapid growth of the Coimbatore IYI and the expanding interest in IYI activities, Sri Gurudev decided to send Swami Divyananda, who was serving at the New York IYI, to Coimbatore, so that the service can be extended.

These are just a few of the social service activities being carried out in Sri Gurudev's name and with his guidance. If anyone would like to contribute toward these worthwhile projects, donations can be sent to the Ashram, earmarked for "India Seva," and they will be forwarded to Coimbatore.

Madras

In the beginning of January, Sri Gurudev was invited to Madras by Dr. N. Mahalingam for the occasion of the Thirtieth World Vegetarian Congress. Sri Gurudev was requested



Sri Gurudev seated next to Dr. N. Mahalingam at the 30th World Vegetarian Congress

to inaugurate the Congress and to give the keynote address to an international audience.

While in Madras, Sri Gurudev also visited the Vasanthi Women and Children's Hospital, currently under construction and sponsored by long-time devotee, Sri M. S. Sethu, and his son-in-law, Dr. Srinivasan.

Just prior to returning to the United States, Sri Gurudev stopped again in Madras for a special function organized by Dr. N. Mahalingam. This event was the official release of the new edition of Sri Gurudev's *Integral Yoga Sutras of Patanjali*, translated into Tamil by Sri Bahiratan and Sri Ramalingam. Among the speakers praising the new book and Sri Gurudev's service was the world-renowned Yoga teacher, Sri Desikachar.

—Swami Lalitananda

VIRGIN ISLANDS

St. Thomas

Sri Gurudev arrived in beautiful, sunny St. Thomas, Virgin Islands, on Tuesday, 13

April. There to greet him at the airport were many long-time devotees, including Vashi Daryanani, his wife, Padma, and daughter-in-law, Veena; also present were Nanik and Sudha Hemrajani, Prakash Daswani, Vishal Sopena, and several others. After sitting with them for a few minutes, talking and receiving many flowers, gifts, and refreshments, Sri Gurudev drove off over the winding, mountainous roads to the home of Satish and Veena Daryanani, where he had dinner and spoke with about twenty family members and friends. Many of the people who were there own businesses and lead very busy lives, filled with the pressures of serving the thousands of tourists who visit St. Thomas daily. Gurudev spoke that night, and almost every night while he was in St. Thomas, about how they could lead healthier, more peaceful lives.

On Wednesday morning, Sri Gurudev, accompanied by Vishal Sopena, drove through the crowded, narrow streets to Main Street, where he visited Prakash Daswani's newly designed store. Prakash and his wife, Kavita, have done a very beautiful job decorating their new store, "Lucky Jewelers," and Sri Gurudev was interested in all the



Sri Gurudev, Nanik Hemrajani (L), and Prakash Daswani (R) in Prakash's newly designed store

details. Prakash took Gurudev to his office, which had two very large pictures of Gurudev on the walls. There was a vacant wall on which Prakash plans to install a third picture of Gurudev.

Gurudev was very impressed by the beautiful and efficient way that Prakash had designed the store and Prakash looked on while Gurudev examined the phone, fax machine, computer, and the overhead lighting. Prakash passed all the tests, and when Prakash remarked that he was just following Gurudev's teachings, Gurudev said, "I wish I had more disciples like you. You hear something once, and you do it."

That evening, Sri Gurudev went to the home of Prakash and Kavita for an informal *satsang* and dinner. In the beautiful, relaxed atmosphere, Gurudev spoke for an hour to about fifty people and then enjoyed a delicious meal.

On Thursday, hosted by Nanik Hemrajani, Sri Gurudev flew to nearby St.

Martin, where, that evening, he gave a public talk organized by the Indian Community and its President, Mr. Kishor Mirchandani. During this talk, Sri Gurudev spoke about how to lead a more peaceful life and about the benefits of a clean, healthy, vegetarian diet. Following the talk, Gurudev was invited to Mr. Mirchandani's home, where he enjoyed a delicious meal and loving company. The next morning, Mr. Mirchandani telephoned Gurudev to say that he had been so inspired by Gurudev's talk that he had decided to give up eating meat completely that very day.

Sri Gurudev returned from St. Martin on Friday evening, going directly to the home of Mr. and Mrs. Jagtiani for dinner. Chandru Jagtiani is President of the India Association of St. Thomas. With a group of about thirty people sitting in front of him on the floor and with the soft breeze blowing through the open door, Sri Gurudev looked beautiful and radiant as he spoke to this group of friends and devotees. Many of their questions and

concerns centered around health, and Gurudev spoke of the work of Dean Ornish and Mitra Lerner, of the good, wholesome food sold at our natural food stores, and of the organic garden at the Ashram. Gurudev said, "Whatever we get should be given with love. Food should come to us with love, not through violence. Whatever food we get should be given with love. Everything should be the product of love. Even in business, money should be given with love."

The next afternoon, Sri Gurudev was taken by Prakash, Kavita, and Nanik to the Grand Palazzo Hotel for a photo session. The Grand Palazzo must be the grandest, most beautiful hotel in St. Thomas, and there, among the gorgeous gardens and magnificent views, our grand guru was photographed—with the physical surroundings *almost* as beautiful as Sri Gurudev.

On Saturday evening, Gurudev was

treated to a scenic boat cruise around the island sponsored by the Rotary, whose motto he recalled for us: "Service above self." Sitting on the upper deck, outside, under the stars, Gurudev spoke softly and privately to friends whom he has known for many years from his trips to the island.

Sunday, 18 April, was a day of public appearances. At noon, Gurudev was the special guest on Radio WVWI with host David Mohanani. During the show, Gurudev answered questions about Yoga and Yogaville, as well as the recent religious disturbances in India. Regarding the latter topic, he stated, "I don't think that any *religion* wants this kind of trouble. We use that name but there are other reasons for the disturbance. There is only one God. It doesn't matter what name or form we use. We give the name and form for our convenience. First of all, everyone who lives in India is an



Sri Gurudev at radio Station WVWI with host David Mohanani (far left) and Prakash Daswani

Indian. To make an analogy, we may all go to the restaurant as friends, but I don't insist that everyone eat what I want to eat."

That evening, Sri Gurudev gave a public talk at the Marriott Frenchmen's Reef Hotel. The talk, sponsored by the India Association, was beautifully organized and attended by more than two hundred people. To a very attentive and appreciative audience, Gurudev spoke on "How to Live a Stress-Free Life." He began by saying that if daily pressures and a busy schedule can cause a person to be "stressed-out," then he, himself, should be the most stressed-out person, considering his busy schedule, the calls he gets in the middle of the night, the questions people ask him, and the responsibilities given to him. Yet, he is always peaceful. In this regard, he said, "The most important cause for the stress in the mind is selfishness. I, me, mine. 'I' causes the stress. We always put ourselves first. Instead, live for the sake of others. The entire nature serves. The law of life is sacrifice. Sacrifice yourself and live for the sake of others. Live to serve. Don't look for the result. Whatever you deserve in this world, you will surely get. Nothing can stop that. Be contented. Contentment is golden."

Speaking of love and business, Sri Gurudev observed, "Even with God we do business. We light candles on the altar, praying: 'I should get all the business for myself.' Even with love we do business: If you don't give your love, I won't give my love to you. In my language, this is only business. Keep loving even if she or he hates you. Let it be like one-way traffic—don't look for anything in return. If your happiness is in hating me, then go ahead, because I love you and want you to be happy. We see that kind of love only with our mommies. Mommy's love is unconditional. Learn to love. Learn to love your customers, not their money. You should learn to take good care of them, to do fair business with them."

On Monday evening, Gurudev visited the home of Sudha and Nanik Hemrajani,

where some seventy people were waiting to hear him speak one last time before he left St. Thomas. Gurudev answered questions for about two hours, as more and more people came and the room overflowed—with love as well as with people. Gurudev enjoyed another delicious meal, and after handing out *prasad* to each person, along with many loving words of advice, he slowly departed.

On Tuesday, 20 April, Sri Gurudev said goodbye to a group of friends and devotees who had gathered to see him off. He left amidst feelings of much love and gratitude and pleas for him to return soon.

—Sundhari Steinkamp

USA

Yogaville

On Sunday, April 25, we celebrated Earth Day at Yogaville with several exciting and inspiring activities. The day began in the early part of the morning with a community enterprise: beautifying Route 604, the main road through Yogaville, by clearing away litter. Then, at 11 a.m., Sri Gurudev, community members and guests gathered at LOTUS, where a *puja* was performed in reverence to Mother Earth. Prayers from various traditions were also offered to Mother Earth, and four evergreen trees were planted in Her honor. Following this ceremony, everyone circumambulated LOTUS, walking around the upper level of the Shrine three times. Auspiciously, the circumambulation ended at precisely 12 noon, at which time the LOTUS chimes announced noon meditation. During the half-hour meditation in the upper sanctuary of the Shrine, we had the special blessing of Sri Gurudev's presence.

Earth Day celebrations continued with sports and games after lunch, ending with a supper picnic at the home of the Metro family. Sri Gurudev attended the picnic, and after supper, he brought the beautiful day to

an inspiring—and practical—conclusion, emphasizing that everything in the world should have a caretaker, a godmother, godfather, godsister or godbrother to take care of it. Encouraging us to take up these roles and to make every day an Earth Day in our own little part of the world, Gurudev urged each person to make the commitment to take responsibility for at least one particular thing or area in Yogaville. There were many enthusiastic responses. For example, someone volunteered to keep the ashram cars clean, another person offered to keep the LOTUS road spotless, and another took the responsibility of replacing the disposable paper plates used for various programs with reusable plastic plates. Gurudev helped us to understand that we can truly express our love and caring for Mother Earth by celebrating Earth Day every day, very practically, each in our own way.

—*Karuna Goodman and Kumari de Sachy*

New York Integral Yoga Institute

On 5 May, Sri Gurudev gave a talk to about sixty Integral Yoga teachers at the New York Integral Yoga Institute. Teachers from the New York-New Jersey area were thrilled to have the opportunity to ask Sri Gurudev, first-hand, questions related to the teaching of Hatha Yoga. Gazing at all the glowing, enthusiastic faces before him, Gurudev said: "New York and New Jersey are filled with yogis. You all look like yogis. You've come a long way."

Before answering specific questions, Sri Gurudev discussed the kind of attitude that we should have when we practice Hatha Yoga. He remarked that everyone who gets enlightened does not have to practice Hatha Yoga; that is, practicing Hatha Yoga is not a requirement for enlightenment. Gurudev recounted, for example, that Hatha Yoga was not considered to be a *must* for the swamis of the Ramakrishna Mission, but sometimes even they came to him to learn

the practices that help to balance the body and mind, making it easier to experience the inner light. Gurudev also noted that Ramana Maharshi never practiced anything; he was a born *jnani*. He would say that you should find out who you are, who it is who wants to practice Hatha Yoga. His approach was the Vedantic approach, the direct approach. But, said Gurudev, not all people are made for this, so teachers vary. However, he continued, in the modern age we need an integral approach in everything that we do, taking care of the body and mind.

Gurudev stated that our aim should be an easeful body and peaceful mind—that's Yoga, and that is why we have all the practices, the lifestyle, and the attitude. He advised that one should do whatever it takes to reach this goal. He cautioned, though, that in taking care of the body, we must be careful not to develop too much attachment to it.

Sri Gurudev told the many teachers who had come to hear his words of wisdom that they have created so much interest in Yoga, all over the globe, because the aim of establishing an easeful body, peaceful mind, and useful life suits everyone.

Community Church

On Thursday 6 May, Sri Gurudev spoke to an audience of some five hundred people. Gurudev began the talk by remarking that "Who am I?" has been the question that for ages spiritual seekers have been trying to answer. Gurudev stated that when we know ourselves, all things are known.

Gurudev explained that spiritual seeking means that you seek the Spirit, that you want to know who you are as the Spirit. And the search of wanting to know your own pure Self is the pursuit that brings in all the practices. Noting that the Bible tells us that we are made in God's image, Gurudev commented that if we perceive God as perfect, unchanging, then we must be that, too. However, because of the conditioning of our minds, we see ourselves as unhappy, al-

though the knower—the knowing principle—always remains the same.

Gurudev further observed that whether we are skinny, fat, black, white, tall, short, and so forth, behind all these identifications that we create, the Spirit is the same; it is all God's Spirit.

So, stated Sri Gurudev, the answer to "Who am I?" is: "I am I. I am nobody. I am just I; that's all.

Stressing the purpose of the spiritual search, Gurudev said:

The goal of the spiritual search is to know thy Self and, thereby, to know every other Self. If that spiritual knowledge, that spiritual experience comes in our life, then we see our own Self everywhere, in all the different names and

forms. This is Divine Vision, seeing with the Spiritual Eye, and this is the main purpose of all spiritual practices; all religions and traditions have this same goal, expressed in different ways.

Before answering the questions of the many seekers who flocked to the church that evening, Sri Gurudev reminded us that the names and forms are different so that we can all play our parts but that we are all children of the same God.

At the end of program, it was truly inspiring to witness the hundreds who came forward to greet Sri Gurudev, to present him with offerings, and to express their gratitude. ■

—Kumari de Sachy



OPPORTUNITIES TO SERVE

"Life in the world is suffering," many sages have declared. Scriptures speak of this truth, and our own experiences in life confirm it. Although life in the world contains much suffering, we need not just sit back and do nothing. We can work together to remove suffering. We can alleviate suffering and give refuge through "jnana dhanam," the offering of spiritual wisdom and a greater understanding of the spiritual truths of life. And, at the same time, it is equally important to attend to the physical and medical needs of human beings. Satchidananda Charity Funds (SCF) has initiated a new project of bringing needed services to the people of South India through a variety of means. Compassion is a gift natural to humans. We really don't want to live just for ourselves. We express our humanity by offering love and compassion to others in need. In that way, we experience peace.

Integral Yoga Institute

Now in its third year of full-time service, the Coimbatore IYI is teaching Yoga in many schools and colleges. The IYI also offers kirtan classes and weekly satsangs and participates in spreading the teachings of Integral Yoga throughout the region. Expansion of services—in the form of a larger building, supplies, and more staff—is needed.

Free Medical Service

The childhood home of Sri Gurudev, in Chettipalayam, is now the site of a free medical clinic for local villagers. Volunteer physicians and nursing staff come three times weekly to bring medical care to an area that had no such service. Expanded facilities, including a hospital, and more medical supplies are needed.

Lotus Vision Research Trust

Lotus Vision Research Trust (LVRT) was inaugurated in February of 1993 by Sri Gurudev and is directed by Dr. S.K. Sundaramoorthy. Fifty-two million Indians have cataracts, leading to defective vision and often blindness. Eye donations and corneal transplants can cure blindness due to corneal diseases. LVRT is working toward the eradication of such blindness through improved treatment facilities, training of more ophthalmologists, establishing better eye care for children, conducting free eye-camps in remote village areas, and engaging in ongoing research. The first phase of the LVRT work is to build a modern eye hospital in Coimbatore.

YES! I would like to help the people of South India. Enclosed is my donation of:

☐ \$10 ☐ \$25 ☐ \$50 ☐ \$_____ (U.S. funds, please)

☐ I'd like to make a monthly contribution of \$_____

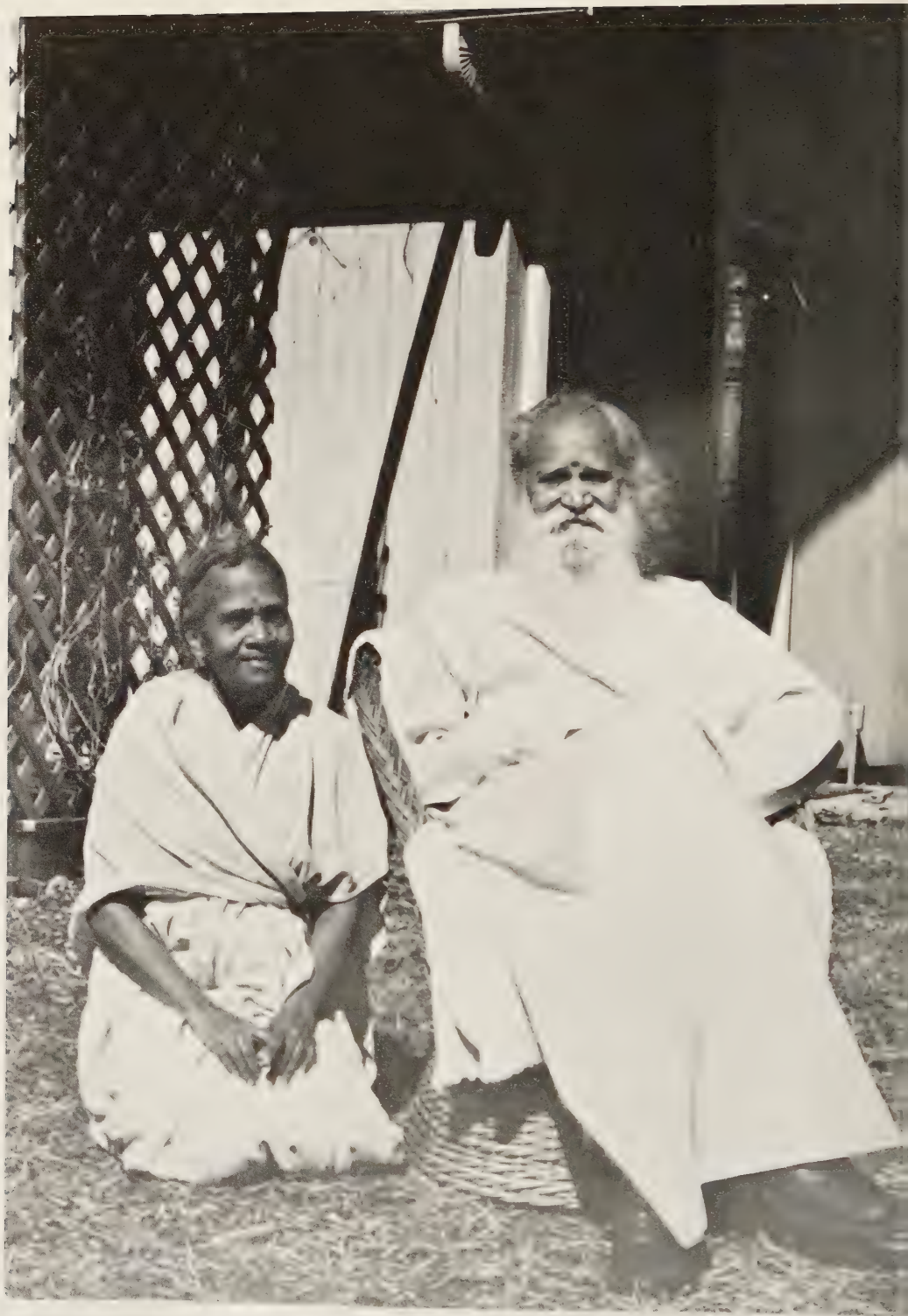
Please make checks payable to SCF and mail to: Satchidananda Ashram-Yogaville
Buckingham, VA 23921

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Your gift is tax deductible



Sri Arivananda Ma with her Beloved Gurudev

TRIBUTE TO SRI ARIVANANDA MA

by Mrs. Rukmini Rasiah

In April 1993, Sri Swami Arivananda Ma departed from our physical midst, but she will live forever in the hearts of those who love her and have benefited from all her service.

From the time that she became our Guruji Sri Swami Satchidananda's disciple in Sri Lanka, thirty-five years ago, Swami Arivananda Ma's life was dedicated to following his teachings and to his service. The joy and knowledge she gained was happily imparted to others. She was a totally dedicated Karma Yogi and a shining example of guru-disciple devotion. Her one and only ardent desire, to be initiated into the sannyas order by her guru, was fulfilled when Sri Swamiji initiated her in February 1987.

Arivananda Mataji was a Tamil pandit, and her lectures and essays to spread Sri Swamiji's teachings were many. She wrote,

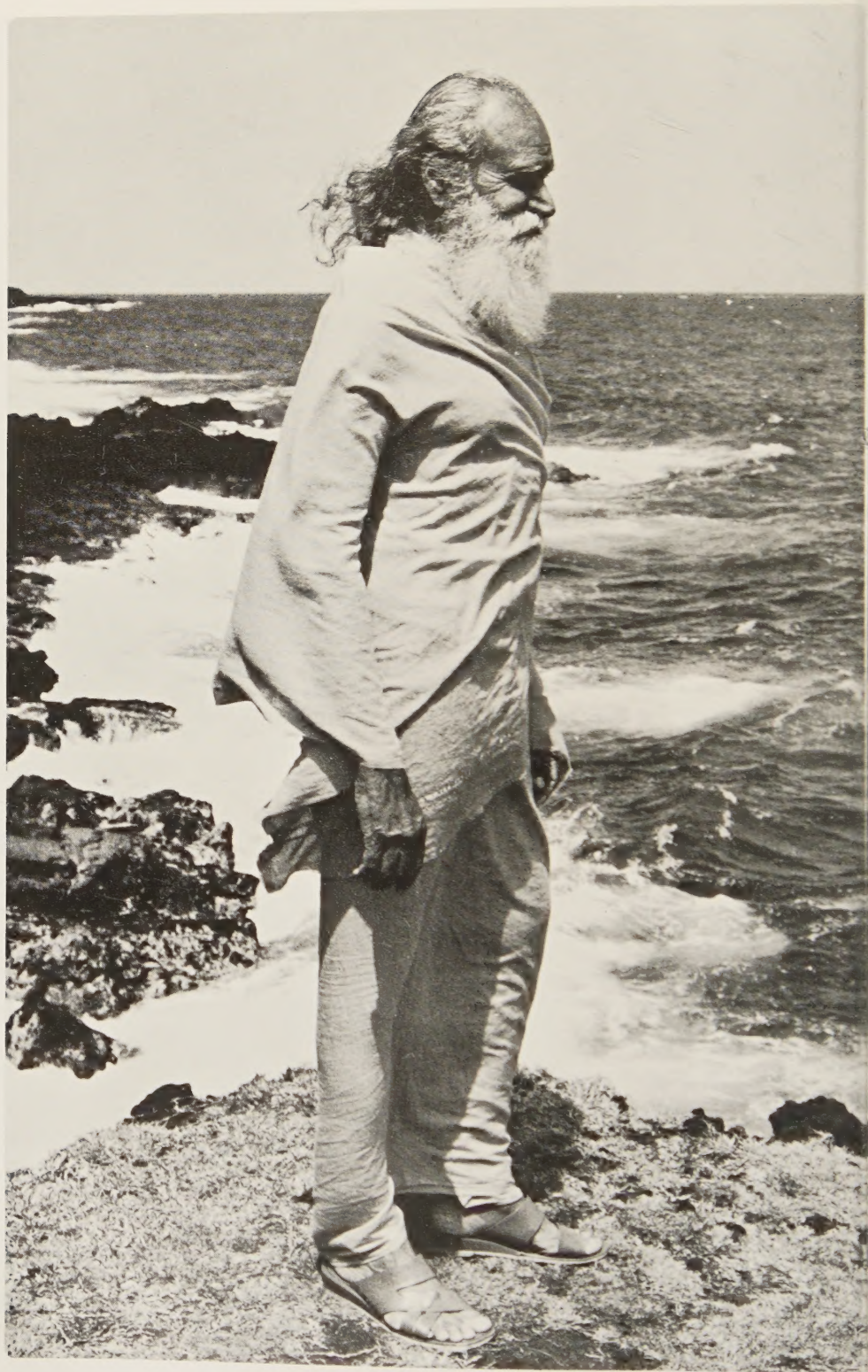
in Tamil, the first biography of Sri Swamiji, and she also edited, in Tamil, Sri Swamiji's *Kailash Journal* and a book dedicated to Sri Swamiji called *Garland of Praises*. Her work with children was exceptional—students respected and adored her, and the little ones loved her.

Sri Swami Arivananda Ma was an exemplary disciple and devotee of Sri Swamiji. She has indeed triumphed! During the auspicious Hindu/Buddhist New Year, Swami Arivananda Ma left this physical world, blissfully soaring to the source from whence she came.

May her soul rest in peace.

May the Almighty bless and comfort her family members to bear their irreparable loss. ■





THE LIGHT THAT SHINES FORTH

I waited so long for you. . .

Then, you came into my life,

Like the dazzling light of a million suns!

You enriched my life with meaning,

Happiness and peace;

Your wisdom kindles the light of my
knowledge.

Your love is like the ocean,

As deep and boundless.

Your compassion knows no limits,

Especially to the lost sheep!

I have never known one such as you,

And never will. . .

You are the light of my life;

The flame will burn ever more brightly!

I love you; I worship you.

—*Padmasree Varadaraj*

Remember, every minute,
that God is taking
care of you.

—*Sri Gurudev*

**INTEGRAL YOGA
TEACHING CENTER**

200 W. 72 St.
New York, NY 10023
(212) 721-4000

Be a humble instrument.

—*Sri Gurudev*

**INTEGRAL YOGA
INSTITUTE**

770 Dolores St.
San Francisco, CA 94110
(415) 821-1117



Renounce yourself in God's
hand and you have found
unending peace.

—*Sri Gurudev*

Just have faith.

—*Sri Gurudev*

**INTEGRAL YOGA
TEACHING CENTER**

Chicago - Rockford, IL 60646
(708) 679-5091

**INTEGRAL YOGA
NATURAL FOODS**

923 Preston Avenue
Charlottesville, VA 22903
(804) 293-4111